

## AMENDMENTS TO THE CLAIMS

13. (Previously presented) Sunflower seeds comprising a sunflower oil having:  
an oleic acid content of more than 5% and less than 65% by weight based upon the total  
fatty acid content,  
a linoleic acid content of more than 1% and less than 65% by weight based upon the total  
fatty acid content,  
a palmitic acid content of more than 20% and less than 40% by weight based upon the total  
fatty acid content,  
a stearic acid content of more than 3% and less than 15% based upon the total fatty acid  
content,  
wherein the palmitoleic acid content is less than 4% based upon the total fatty acid  
content, and  
the asclepic acid content is less than 4% based upon the total fatty acid content.

14. (Previously presented) Sunflower seeds of claim 13 wherein the palmitoleic acid  
content is less than 3% based upon the total fatty acid content.

15. (Currently amended) Method for preparing sunflower seeds as claimed in  
claim 13, comprising the steps of:

- a) crossing ~~sunflower seeds~~ of the mutant sunflower line IG-1297M deposited on  
20 January 1998 with ATCC under deposit accession number ATCC-209591 with the mutant  
sunflower line CAS-3, deposited on 14 December 1994 with the ATCC under deposit accession  
number ATCC-75968,
- b) self-pollinating F1 progeny plants of step a) for at least two generations to  
produce inbred plants,

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- c) selecting from the progeny of step b) plants with seeds containing an oil having a palmitic acid content of more than 20%, a palmitoleic acid content of less than 4% and an asclepic acid content of less than 3%,
- d) collecting progeny seeds from step c), and optionally
- e) repeating the cycle of culturing, selection and collection of seeds.

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